

IOWA STYLE WRESTLING CAMP

Hosted by

West Briar Middle School, 13733 Brimhurst Houston TX, 77077

NEW DATES

June 4th and 5th, 9am – 3pm
Saturday June 6th, 9am – 5pm

We have extended the hours of the camp to cover the normal 4th day. The date change was necessary due to Hurricane Ike affecting the end of the school year for the various school districts.

Iowa Style Wrestling is about dedication and aggressive wrestling. This camp is open to all levels of wrestlers and we will have a wide range of staff members to work with the different skill levels.

As in the past the camp will be coached and run by UNIVERSITY OF IOWA wrestlers.

Last year we brought several starters from the National Championship Team and we plan to do the same this year.

This is the fourth year we are hosting the Iowa Wrestlers and we feel we have a great formula for Houston. We are adding a new INTENSIVE CAMP.

The wrestlers in the intensive camp will learn with the main camp but then pull aside and drill and work at a more aggressive pace.

Camp Costs:

The Traditional Camp is \$190, Age 11 and up (under 10 if a stud is ok for all day).

The Youth Camp is \$100, Age 10 and under. Pick up at noon.

****NEW INTENSIVE CAMP - \$225 – Limited numbers and advanced skills required.**

Payment: Check or Money Order made out to IOWA STYLE WRESTLING

Please mail to: Jim Gumm, 18186 Garden Manor Dr, Houston TX, 77084

Information: Jim Gumm: jgumm@houstonisd.org or 832-752-1133

SAVINGS AND TEAM BENEFITS:

- **20% Off** with a \$50 non-refundable deposit mailed in by Feb 1st
- **10% off** with a \$50 non-refundable deposit mailed by April 1st.
- **TEAM = Any Team with 20 or more wrestlers signed up gets a bonus one hour clinic. Your Team coach chooses the skill to work on.**
- **TEAM = Any Team Sponsors will be recognized on the camp T-shirt and 100% of the donation will go towards sponsoring wrestlers from your team.**

Emergency Contact Name and Number:

Waiver and Release: In consideration of my son wrestling, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrator, waive and release, and forever discharge any and all rights and claims for damages which may be sustained or suffered by me in connection with, or participation in, and for arising out of my child or heir participating in wrestling practice or wrestling camp. The wrestling director has my permission to seek medical attention for my child, and I grant permission for the implementation of appropriate medical treatment in the event of injury or sickness.

Signed (Parent or Guardian) _____

Athlete's Name _____

PLEASE CIRCLE WHICH CAMP: Youth – Traditional – Intense

Additional Information:

Velocity Sports in Missouri City will host 3 weekend wrestling clinics this spring.

Each clinic will use this format:

9am Check In

9:30 Warm Up by pro strength trainers

10am Wrestling Clinic (1st clinic by Iowa Wrestler)

11:30am Competition with lunch break mixed in

1pm Pro Strength Test and Clinic run by Velocity Sports

The clinics will be March 14th, April 11th and May 9th

Clinic cost is \$35

Contact either Jim Gumm: jgumm@houstonisd.org

Or Scott Kellar: scott_kellar@yahoo.com

Coaches please contact Coach Kellar for team questions.

Here is the link to Velocity Sports:

<http://www.velocitysp.com/missouricity/>